



Substance Use Disorder Services for women and their children

Overview

Humboldt County Department of Health & Human Services (DHHS) Healthy Moms Program can provide you with the support you need to recover from a substance use disorder (SUD) while gaining parenting skills that will help you raise healthy children. The program provides services for women who are pregnant and/or have children who are 5 years old or younger. On-site child care is provided.

Healthy Moms Program Principles

Healthy Healthy Moms strives to help women feel more empowered to make positive changes in their lives. We believe that women's recovery often needs to be broad-based, not just focused on substance use. Therefore, in addition to addressing SUD recovery, the program also supports women to:

- Develop healthier relationships
- Learn more about parenting
- Discuss spiritual matters
- Improve self-esteem
- Understand more about the mind-body connection.

Our overall goal is to provide a safe, flexible and respectful recovery environment so that women can do the hard work needed for their own healing in order to become the mothers and people they want to be.

Healthy Moms is inclusive of anyone who identifies as a mother and/or a pregnant or parenting woman.

Healthy Moms Program Services

Services provided by Healthy Moms include:

- Assessment and referrals
- Outpatient and intensive outpatient treatment programs
- Mental health services for mothers and children
- Group and individual trauma recovery services

- Harm reduction programs
- Help connecting with community resources
- Care coordination
- On-site child care
- Parent-Child Interaction Therapy
- Classes and support groups on topics such as:
 - Relapse prevention
 - Communication skills
 - Creativity and recovery
 - Family dynamics
 - Mindfulness
 - Relationship skills and boundaries.
- Aftercare support and services
- Alumnae activities.

Children's Services

Healthy Moms recognizes that children are often also in a recovery process when mothers enter treatment. To help, we provide warm, engaging child care with skilled and caring child care staff. Our staff to child ratio is very low, so kids get the positive attention they need. We provide age-appropriate activities, indoor and outdoor play areas and healthy snacks. We can also provide mental health services, such as Parent-Child Interaction Therapy, for children who may benefit from additional support.

Medical Benefits

DHHS-Social Services can assist you with applying for Medi-Cal or other health care coverage, visit:

Social Services-Main Office

929 Koster St.
Eureka, CA 95501

or phone our **Social Services Call Center:**
877-410-8809

Find more information about other locations and the Call Center here:
humboldt.gov.org/SocialServices.





How to apply

Call the Healthy Moms Program at **707-441-5220**.

Or call Carelon Behavioral Health to complete a brief screening and connect with a SUD treatment provider who offers the level of care that fits your needs. Carelon **855-765-9703**.

Healthy Moms Program

2910 H St., Eureka
707-441-5220

humboldt.gov/HealthyMoms

Humboldt County Programs for Recovery (HCPR)

231 Second St., Eureka
707-476-4054

Out-of-area, toll free
866-930-6384

Crisis Services

Available 24 hours a day,
seven days a week
720 Wood St., Eureka
707-445-7715
No charge to calling party
888-849-5728

Per California state regulations, admission preference will be given to pregnant women using substances and to intravenous drug users.

Department of
Health & Human Services
Behavioral Health
humboldt.gov/BehavioralHealth

All services are confidential.
phone: **707-441-5220**
fax: **707-441-5667**

